

# junior activities

**Roko Nottingham**



updated February 2012



**your health,  
your club**

**Roko Nottingham**

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**roko**  
HEALTH CLUBS

### MONDAY

16.15-17.00 Multisport Activities(8-11)Studio 1  
 17.00-18.00 Cheerleading (5-11) Studio 1  
 17.00-17.45 Teen Cardio (12-15) Gym

### TUESDAY

16.15 - 17.00 Multisport Activities(8-11)Studio 2  
 17.00-18.30 Football Coaching (3-11) Pitch (£/B)

### WEDNESDAY

17.00-17.55 Street Dance (5-11) Studio 1  
 17.45-18.30 Flipper session (8-11) Splash Pool  
 17.00-17.45 Teen Fitness(12-15) Gym

### THURSDAY

16.15-17.00 Boxing(8-15) Studio 1  
 17.00-18.00 Multisport Activities (8-11) Studio 2

### FRIDAY

16.15-16.45 Yoganutz (2-7) Studio 2 (£/B)  
 17.00-17.40 Yoganutz (7+) Studio 2 (£/B)  
 17.00-17.45 TeenCardio (12-15) Gym  
 17.00-18.30 Football Coaching (3-11) Pitch (£/B)  
 18.30-19.30 Kickboxing Studio 2 (£)

### SATURDAY

09.30-11.30 Football Coaching (3-11) Pitch (£/B)  
 13.00-13.45 Teen Gym (12-15) Gym

### SUNDAY

09.30-10.30 Activity Club (5-11) Pool

**(£/B) Yoganutz:** Please book and arrange payment through Yoganutz only

**(£/B) DNF Football Coaching:** Is payable per session through DNF. Bookings should also be made direct with DNF

**(£) Kickboxing:** Can be booked at Club Reception. Please arrange payment through Elite.

**Please note that all Children's and Teen's Activities should be booked through club Reception (unless otherwise stated).**

**For health & safety reasons, only children and teen's who have booked may participate in the class.**

## **DNF FOOTBALL COACHING**

DNF Football coaching offers a comfortable and safe environment for children, to play football. Our emphasis is on building confidence and self esteem for children of all abilities, age and gender. David Norton formally of Aston Villa and Notts County, places fun and building new friendships as a top priority. FA qualified in coaching, Management and treatment of injuries and Sports leadership, DNF has a fantastic team of coaches.

**DNF Coaching Soccer Camps** are also available during school holidays for children aged 3-13 at a cost of £15 per day, with camps running from 09.00-16.00. For more information or to book a place please visit [www.dnfcoaching.net](http://www.dnfcoaching.net) or contact [dnfcoaching@googlegmail.com](mailto:dnfcoaching@googlegmail.com)

## **POOL ACTIVITY CLUB**

A great way to have fun in the pool whilst getting active. Group games to build social skills and teamwork in a safe and structured environment. Kids must have swimming ability of at least 8 meters.

## **CHEERLEADING**

A great way to get fit and have fun, cheerleading builds confidence whilst enhancing cardio vascular activity in kids. Get your pom pom's on and lets dance!

## **MULTISPORT ACTIVITIES**

Suitable for all fitness levels. A mixture of games and sports, designed as a great way to keep fit and have fun with your mates with the 2012 Olympics in mind.

## **TEEN GYM/CARDIO/FITNESS**

The above sessions are designed to give teens a relaxed session , focusing on key areas of fitness. The instructor is there to guide and put structure into a workout that is suitable for young people.

## **STREET DANCE**

A fun and fantastic dance session, incorporating a mix of dance styles to the latest music. Designed to get you moving, motivated and confident, every ability can join in.

## **BOXING**

A fun filled session for children of all abilities. Challenging but with the emphasis on taking part and team building. Learn the key skills needed in boxing along with stamina and agility.